



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09502, Apples, raw, granny smith, with skin

Report Date: May 22, 2017 01:34 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ^{1 2}	g	85.46	--	0.218	84.25	86.83	5.0	84.902	86.021	2	Analytical or derived from analytical	--	08/2012
Energy	kcal	58	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Energy	kJ	242	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Protein ^{1 2}	g	0.44	--	0.023	0.32	0.57	6.0	0.384	0.498	2	Analytical or derived from analytical	--	08/2012
Total lipid (fat) ^{1 2}	g	0.19	--	0.028	0.13	0.31	1.0	-0.024	0.413	2	Analytical or derived from analytical	--	08/2012
Ash ^{1 2}	g	0.29	--	0.030	0.17	0.48	3.0	0.199	0.391	2	Analytical or derived from analytical	--	08/2012
Carbohydrate, by difference	g	13.61	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Fiber, total dietary ^{1 2}	g	2.8	--	0.076	1.8	3.5	3.0	2.53	3.007	2	Analytical or derived from analytical	--	08/2012
Sugars, total ^{1 2}	g	9.59	--	0.172	8.79	10.57	3.0	9.063	10.121	2	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1 2	g	1.93	--	0.110	1.21	2.68	3.0	1.585	2.281	2	Analytical or derived from analytical	--	08/2012
Glucose (dextrose) 1 2	g	2.66	--	0.059	2.47	2.86	4.0	2.495	2.825	2	Analytical or derived from analytical	--	08/2012
Fructose 1 2	g	5.00	--	0.119	4.63	5.4	3.0	4.621	5.377	2	Analytical or derived from analytical	--	08/2012
Lactose 1 2	g	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Maltose 1 2	g	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Galactose 1 2	g	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Starch 2	g	0.05	--	--	0.05	0.05	--	--	--	1	Analytical or derived from analytical	--	08/2012
Minerals													
Calcium, Ca 1 2 3	mg	5	--	0.659	4	8	1.0	-3.099	13.495	3	Analytical or derived from analytical	--	08/2012
Iron, Fe 2 3	mg	0.15	--	0.003	0.14	0.17	1.0	0.121	0.188	2	Analytical or derived from analytical	--	08/2012
Magnesium, Mg 1 2 3	mg	5	--	0.196	5	6	1.0	4.124	6.848	3	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P 1 2	mg	12	--	0.280	11	13	2.0	10.295	13.755	2	Analytical or derived from analytical	--	08/2012
Potassium, K 1 2 3	mg	120	--	1.771	96	136	1.0	99.029	141.451	3	Analytical or derived from analytical	--	08/2012
Sodium, Na 3	mg	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Zinc, Zn 1 2 3	mg	0.04	--	0.001	0.03	0.04	1.0	0.021	0.052	3	Analytical or derived from analytical	--	08/2012
Copper, Cu 2 3	mg	0.031	--	0.002	0.03	0.03	1.0	0.01	0.053	2	Analytical or derived from analytical	--	08/2012
Manganese, Mn 1 2 3	mg	0.044	--	0.005	0.03	0.06	2.0	0.021	0.066	3	Analytical or derived from analytical	--	08/2012
Selenium, Se 2	µg	0.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Vitamins													
Thiamin 1 2	mg	0.019	--	0.002	0.01	0.03	2.0	0.011	0.026	2	Analytical or derived from analytical	--	08/2012
Riboflavin 1 2	mg	0.025	--	0.003	0.01	0.04	1.0	0.001	0.049	2	Analytical or derived from analytical	--	08/2012
Niacin 2	mg	0.126	--	--	0.12	0.13	1.0	--	--	1	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid 1 2	mg	0.056	--	0.002	0.03	0.09	1.0	0.032	0.081	2	Analytical or derived from analytical	--	08/2012
Vitamin B-6 1 2	mg	0.037	--	0.003	0.03	0.05	2.0	0.022	0.051	2	Analytical or derived from analytical	--	08/2012
Folate, total	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Folate, food	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Choline, total	mg	3.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Vitamin A, RAE 1 2	µg	5	--	0.315	4	7	1.0	1.284	8.674	2	Analytical or derived from analytical	--	08/2012
Carotene, beta 1 2	µg	59	--	4.776	45	81	1.0	1.084	116.416	2	Analytical or derived from analytical	--	08/2012
Carotene, alpha 1 2	µg	0	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Cryptoxanthin, beta 1 2	µg	2	--	2.000	0	8	1.0	-23.412	27.412	2	Analytical or derived from analytical	--	08/2012
Vitamin A, IU 1 2	IU	100	--	6.305	75	135	1.0	25.682	173.485	2	Analytical or derived from analytical	--	08/2012
Lycopene 1 2	µg	0	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lutein + zeaxanthin 1 2	µg	64	--	4.430	49	73	1.0	23.908	104.092	2	Analytical or derived from analytical	--	08/2012
Vitamin E (alpha-tocopherol)	mg	0.18	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Vitamin K (phylloquinone) 1 2	µg	3.2	--	0.437	2.6	4.3	1.0	0.216	6.234	2	Analytical or derived from analytical	--	08/2012
Lipids													
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Anthocyanidins													
Petunidin 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Delphinidin 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Malvidin 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Pelargonidin 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Peonidin 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin 7 8 9 10	mg	1.9	--	0.28	0.3	3.6	--	--	--	--	--	--	--
(-)-Epigallocatechin 7 8	mg	0.7	--	0.28	0	1.69	--	--	--	--	--	--	--
(-)-Epicatechin 7 8 9 10	mg	7.1	--	1.14	2.18	12.4	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate 7 8	mg	0.0	--	0.01	0	0.05	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate 7 8	mg	0.2	--	0.09	0	0.52	--	--	--	--	--	--	--
(+)-Gallocatechin 7 8	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Naringenin 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin 7 11	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Luteolin 7 11	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavonols													
Kaempferol 11	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Myricetin 7 11	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Quercetin 7 9 10 11	mg	2.5	--	0.3	1.34	4.14	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers 4 5 6	mg	12.9	--	2.53	9.71	18.37	--	--	--	--	--	--	--
Proanthocyanidin trimers 4 5 6	mg	8.6	--	1.55	7.07	11.35	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers 5 6	mg	30.8	--	6.94	22.3	41.55	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers 5 6	mg	25.9	--	10.8	9.1	39.26	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) 5 6	mg	38.8	--	18.77	8.6	59.93	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5j, 2001 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5b, 2000 Beltsville MD

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